

# Choosing the Most Nutritious Carbs

Here are a few examples to help you choose nutrient dense, low-calorie carbohydrates *more* often and eat *fewer* refined, high-calorie carbohydrates.

Examples of Carb Choices to Use More Often	Examples of Carb Choices to Use Occasionally																								
<p><b>Foods that are high in essential nutrients and fiber, and that do not contain added sugars.</b></p> <p>Fresh Fruits:</p> <table border="0"> <tr> <td>Bananas</td> <td>Cranberries</td> </tr> <tr> <td>Cantaloupe</td> <td>Strawberries</td> </tr> <tr> <td>Nectarines</td> <td>Blueberries</td> </tr> <tr> <td>Oranges</td> <td>Apricots, Peaches</td> </tr> <tr> <td>Watermelon</td> <td>Plums</td> </tr> </table> <p>Certain Dairy Products: Milk, Plain Yogurt</p>	Bananas	Cranberries	Cantaloupe	Strawberries	Nectarines	Blueberries	Oranges	Apricots, Peaches	Watermelon	Plums	<p><b>Foods without much fiber, and containing primarily refined flours and added sugar.</b></p> <table border="0"> <tr> <td>Bagels</td> <td>Pie</td> </tr> <tr> <td>Muffins</td> <td>Cake</td> </tr> <tr> <td>Cookies</td> <td>Doughnuts</td> </tr> <tr> <td>White Pasta</td> <td>Most Crackers</td> </tr> <tr> <td>White Bread, Rolls</td> <td>White Rice</td> </tr> <tr> <td>White Tortillas</td> <td>Many ready-to-eat cereals</td> </tr> <tr> <td>Pretzels</td> <td></td> </tr> </table>	Bagels	Pie	Muffins	Cake	Cookies	Doughnuts	White Pasta	Most Crackers	White Bread, Rolls	White Rice	White Tortillas	Many ready-to-eat cereals	Pretzels	
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<p><b>Vegetables (starchy):</b> <i>Higher in carbs, but also high in fiber and essential vitamins, minerals and antioxidants.</i></p> <table border="0"> <tr> <td>Cooked Dry Beans</td> <td>Corn</td> </tr> <tr> <td>Sweet Potatoes (Yams)</td> <td>White potatoes</td> </tr> <tr> <td>Winter Squash</td> <td>Peas</td> </tr> </table> <p><b>Whole Grains:</b> <i>High in fiber, vitamins, minerals and antioxidants.</i></p> <table border="0"> <tr> <td>Brown Rice</td> <td>Bulgur</td> </tr> <tr> <td>Whole wheat pasta</td> <td>Rolled Oats</td> </tr> <tr> <td>Whole wheat bread</td> <td>Barley</td> </tr> <tr> <td>High-fiber ready-to-eat cereals</td> <td></td> </tr> </table>	Cooked Dry Beans	Corn	Sweet Potatoes (Yams)	White potatoes	Winter Squash	Peas	Brown Rice	Bulgur	Whole wheat pasta	Rolled Oats	Whole wheat bread	Barley	High-fiber ready-to-eat cereals		<p><b>Sweetened Foods:</b> <i>Sweets are carb dense and usually contain little or no fiber.</i></p> <p>Juice drinks with added sugar Canned or frozen fruits with added sugar Sweetened custard-style yogurt</p> <p><b>Foods with Refined Sugars and Starch:</b> <i>Foods and beverages containing little or no fiber or other beneficial nutrients.</i></p> <table border="0"> <tr> <td>Beer/Wine Drinks</td> <td>Candy</td> </tr> <tr> <td>Regular soda pop</td> <td>Syrup</td> </tr> <tr> <td>Jelly and honey</td> <td>Potato chips</td> </tr> </table>	Beer/Wine Drinks	Candy	Regular soda pop	Syrup	Jelly and honey	Potato chips				
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**This handout is meant only to serve as a guide. Be sure to read Nutrition Facts labels on foods and beverages. Take note of serving sizes and use care when selecting your portion size.**

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Revised February 2005. For more information on healthy eating, contact your local extension office.